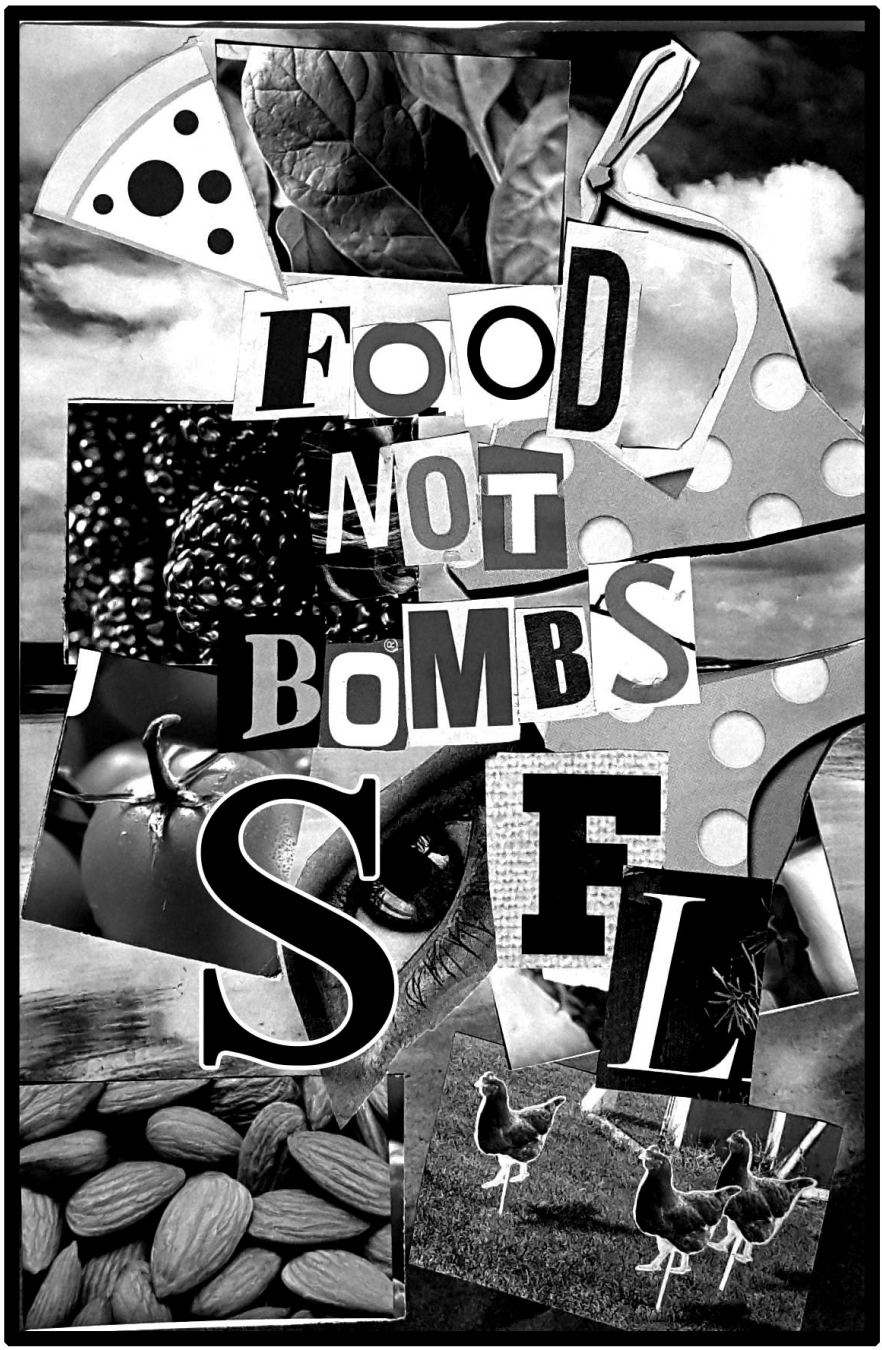
FOOD
NOT
BOMBS
SF

Food Not Bombs started as just one group, sharing discarded produce with the poor in Boston in the early 80s. In the mid-90's FNB become an international ideology adopted by people the world over. As anti-war or economic equality movements rose and fell over the years, FNB has proven to be a great deal more resilient due to the way in which volunteers are able to autonomously organize together under a few simple principles.

1. Always Vegan/Vegetarian Food and Free to Everyone
2. Each Chapter is independent, autonomous, and makes decisions using consensus.
3. FNB is not a charity, but a movement dedicated to non-violent social change.

Largely without any funding or central leadership, and without nonprofit or government support, thousands of volunteers engage in acts of mutual aid and community solidarity every year. Although not all FNB volunteers are strictly anarchists, FNB's anarchistic principles make it arguably one of the biggest and most enduring anti-capitalist movements in the USA today.

The simple yet effective idea of sharing food with the poor in contested public spaces has created an international doorway to combat oppression, war, and inequality for compassionate people worldwide. South Florida currently has a number of active chapters....

contents

Miami
Fort Lauderdale
Lake Worth
West Palm Beach
Tampa
Art, Recipes, Photos

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contributors: Cara, Carmen, Eli, Emmely, Eric, Dezeray, Jerome, Jimmy, Julie, Luke, Nik, Patches, Phill

MIAMI

FOOD NOT BOMBS

We exist! // Existimos

THURSDAYS @ 6:30 PM

GOV'T CENTER

outside the Metrorail station

FIND US ON FACEBOOK:

FOOD NOT BOMBS MIAMI

FACEBOOK.com/FNB Miami

MiamiFNB@gmail.com

2011

2015

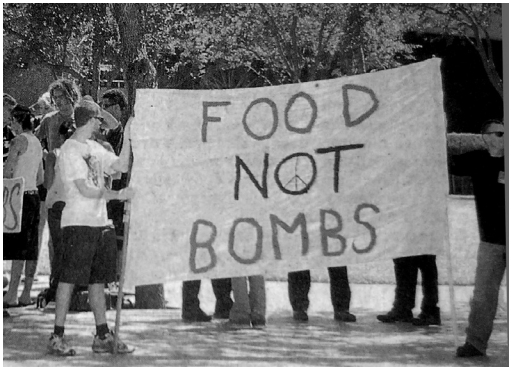
Fort Lauderdale

Currently shares:
Fridays @ 4:30 pm
Stranahan Park, 10 E Broward Blvd

Sistrunk Sharing with Black Lives Matter Alliance Broward
1st Wednesday of the month @ 9 am
Lincoln Park, 600 NW 19th Ave

Find us on Facebook / Instagram / Twitter
or email swampzine@gmail.com
homelesshatelaws.blogspot.com

For 10 years determined volunteers have shared food in Stranahan Park as the Fort Lauderdale chapter of the Food Not Bombs movement.



1st protest against shutdown, 08.2007

Besides sharing food as an act of political expression against war and inequality, these volunteers have also engaged in countless direct actions, demonstrations, and acts of civil disobedience. These include campaigns for fighting racism, animal abuse, environmental destruction,and other forms of discrimination and opppression. While a few faces have stuck around, hundreds of volunteers have pitched in over the years. In a county not known for radical, autonomous activism, FTL FNB has been an exception.

Over the years, the group has become largely defined by the City government and their cohorts' attempts to chase the homeless out of downtown, and to chase FNB away as well.

In 2010-2011, the FLPD's interest in our activities sharply increased, resulting in harassment, intimidation, stalking and surveillance of many of our volunteers. The SWAMP house, the FNB collective house at that time, was violated by a warrantless police raid in early 2011. Wrongful profiling and arrests also took place. Eventually this effort, as well as the City's sharing ban plans, were largely abandoned during the summer of 2011. Over 25 activists were arrested sharing at Orlando Food Not Bombs that summer, resulting in nation-wide scorn for that City's officials.

FNB Festival May 2011

In spite of the trouble, we kept a sense of humor about it. In 2011 some of us started "The Autonomous Playhouse with Dan the Pandarchist." Many of us would go on the road performing puppet shows in 2012-2013. Til this day we are still known to occasionally spice things up with a puppet show or better yet some giant protest puppets.

Playhouse puppet show, 2012

During this time Stranahan Park experienced worsening crackdowns on homeless activity. New anti-homeless laws were passed and hundreds of thousands were spent on the "Stranahan Botanical Garden" to deter homeless gatherings. For a long time people would hang out and commune inside this park, but by 2012 this time was largely at an end. From this point on the park become increasingly ghost-like. Even most of the sharing groups stopped going inside.

In 2014, many new and old volunteers would unite to rebuild Food Not Bombs and the resistance to oppression in downtown. The City spent the majority of the year preparing and voting in anti-homeless laws, from panhandling to camping to sharing food with the homeless. An imposing anti-homeless fence was also erected round Strahahan Park.

In the climactic moment, enforcement of the sharing ban created to shut down large sharing groups like FNB and Love Thy Neighbor instantly blew up

FNB sharing ban arrests, 11.2014

in the City's faces, in the first week of November 2014. FNB members were arrested and cited for sharing food, and more were arrested for other acts of civil disobedience. Jillian went on a hunger strike for over 3 weeks, and soon inspired others to join her. In a truly glorious and rare out-pouring, protests and rebel sharings took place almost continously for a month.

By the time the constant media coverage and police presence faded, a new page had been turned. Having faced down the FLPD, we continued to unite with new volunteers and new allies and engage together in protests, educational activities, and so on.

May Day 2015

The hum-drum activist status quo of Fort Lauderdale would continue to shift into 2015 as we joined new and growing actions in the area as part of the Black Lives Matter movement. FNB has been an enthusiastic ally to the Black Lives Matter Alliance of Broward, one of the only BLM groups in the state, and one of the most dynamic and intersectional radical groups to come together in Broward in ages. We started the Sistrunk Sharing together in late 2015 to continue Black Lives Matter's community outreach efforts.

At the time of this writing, we are still fighting the sharing ban as plaintiffs in a federal civil liberties lawsuit against Fort Lauderdale, and fighting the sharing arrests in criminal court. We still share with 50-100 people inside Stranahan Park every Friday afternoon.

Sistrunk Sharing, 11.2015

Fort Lauderdale FNB Safer Spaces / Anti-Oppression Policy
In order for productive, healthy community boundaries Fort Lauderdale Food Not Bombs will not tolerate oppressive behavior, including language.

Oppression is defined as any language or action that expresses, reinforces, upholds, sympathizes with, or enables any form of systematic social domination, including but not limited to: ableism, sexism (patriarchy), transprejudice, racism (white supremacy), heterosexism, classism, etc.

All community members are empowered to enforce the safer space guidelines and anti-oppression policy.

NORMS
* respect chosen names and pronouns
* respect emotional and physical boundaries with explicit verbal consent
* step up, step back, being aware of the space you take up in meetings
* check in and give trigger warnings on potentially triggering subjects
* use nonviolent communication except when addressing repeated oppressive behavior
* speak in "I" statements
* actively listen to the speaker
* don't make assumptions
* recognize privilege dynamics

ENFORCEMENT
* community members are expected to call out and ask for correction of oppressive behavior
* repeated or harsh violations will result in a group meeting in which the individual who violated group boundaries, whether intentionally or not, will not be allowed to attend. The group will determine if the individual will be allowed to stay at the current event and if they will be welcome at future meetings or events
* an accountability process may be pursued as requested by the violated party
* a mediation may be pursued but not required if consensual with the violated party

Lake Worth

Currently shares:
Mondays @ 11 am
Bryant Park, S Lake Shore Drive, Lake Worth

FNB WPB

Every Saturday at 4:30

in back of Clematis Fountains.

COME JOIN US! DONATIONS WELCOME

www.facebook.com/fnbwestpalm/

IG@FOODNOTBOMBSWPB

Food Not West Palm Beach operates on the principles of consensus. Consensus is a decision-making process that works creatively to include all persons making the decision. Instead of simply voting for an item, and having the majority of the group getting their way, the group is committed to finding solutions that everyone can live with.

2007

Here are some guidelines for participation in Food Not Bombs West Palm Beach:
Belief that food sharing locations are considered a violence-free and "safe space" for all who are participating.
Unwelcome or disparaging comments about anyone's race, gender, religious belief or sexual orientation will not be tolerated.
Food sharing is done in a public space so be mindful of hygiene, setup and cleanup.
If guidelines are violated, you may be asked to cease participation with the group since it could put Food Not Bombs West Palm Beach at risk for not being able to share food in public spaces.

2014

Food Not Bombs West Palm Beach meets every Saturday at Clematis Fountains from 4:30-5:30

Tampa

Shares every Tuesday at 8 am and Sunday at 1 pm at Lykes Gaslight Park (downtown; 410 N. Franklin St.).

Meetings the first Tuesday of every month at 7:30 pm

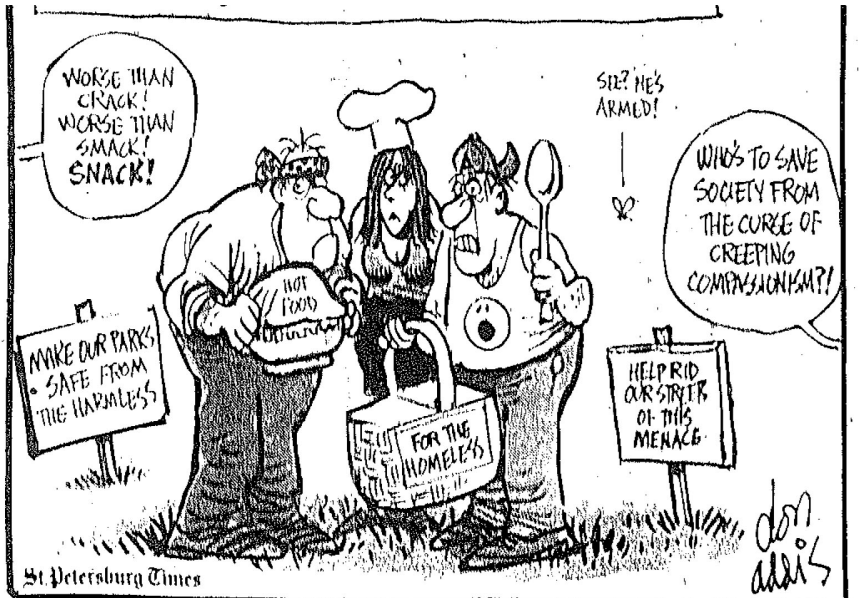
Homeless Hate Laws in Tampa

There are a number of laws that impact the daily activities of people experiencing homelessness in Tampa. Most of these laws guard Tampa's economic elite from interacting with the suffering their exorbitant lifestyles necessitates. Trespassing charges are liberally used by police and private security to "protect" buildings and parks from houseless people's presence. Trespassing is perhaps one of the most common arrestable offences applied to people experiencing homelessness in downtown Tampa.

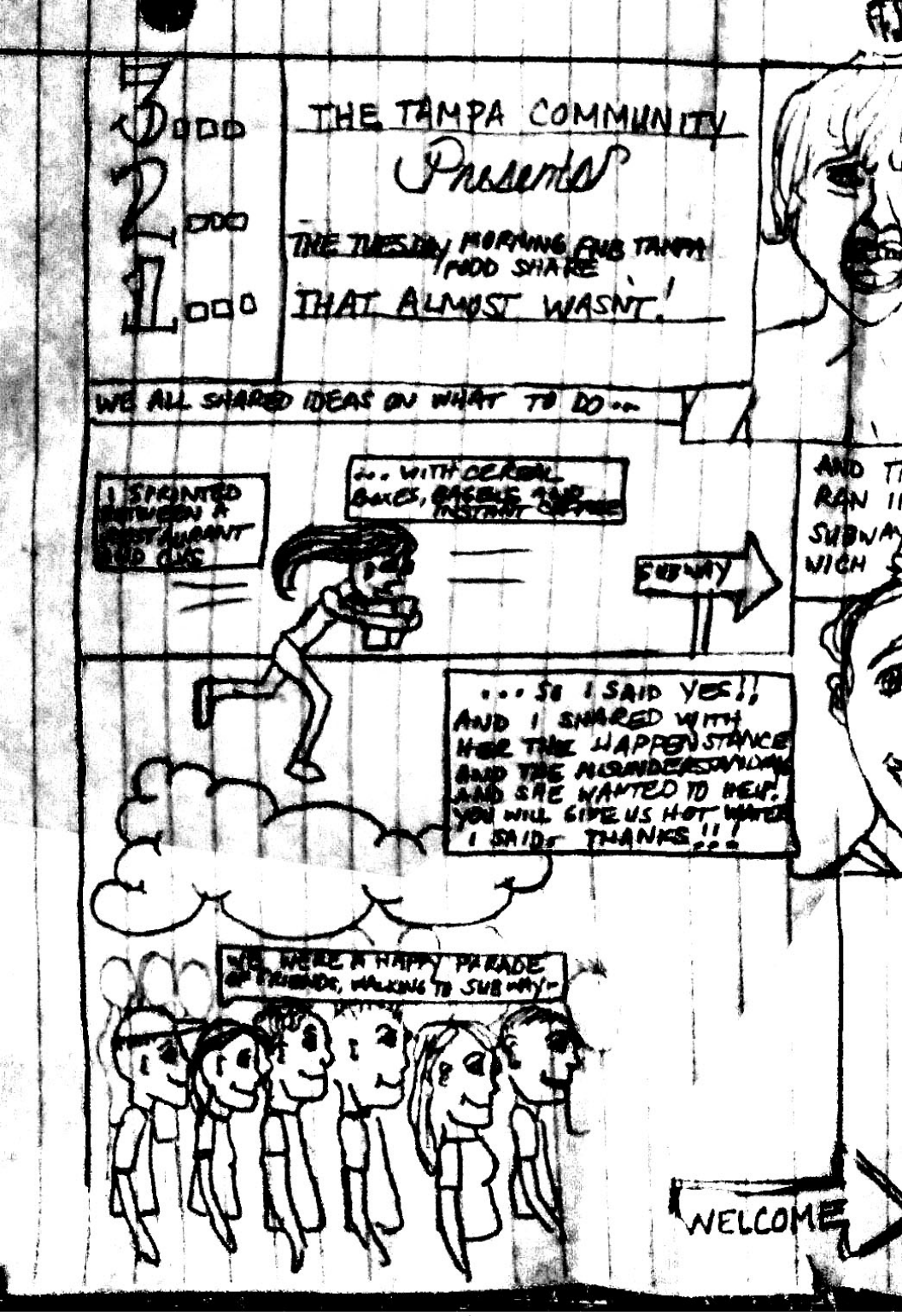
The city of Tampa recently repealed its anti-panhandling law due to a lawsuit from the organization Homeless Helping Homeless, but Hillsborough County (which includes Tampa) still has an anti-panhandling law in effect. This county ordinance restricts people asking for money on medians, turn lanes and within 4ft of a road. (Asking from pedestrians on sidewalks is still ok, although not "aggressively"). Due to Homeless Helping Homeless' resistance to the city's homeless hate laws, the city sought retribution, raided and shut down a number of their facilities citing health and safety concerns.

In Tampa, there is an ordinance that prohibits people from camping in parks, on sidewalks or in public rights of way which is broadly defined as to include sleeping (only if you are houseless!), and/or if you simply have too many personal belongings. This law is selectively enforced, but is only supposed to be valid if there is available shelter space.

There is also an ordinance against storing bedding or clothes in public, as well as ordinances stopping people from asking payment in return for guarding parked cars, possessing an open glass bottle in public, drinking alcohol in public, and public urination.
These laws combine to make homelessness itself a largely criminal act. But laws are changeable. We hope our city will move towards laws that respect the human rights and dignity of all people, rather than the comfort of a privileged few. And more than this, we hope that one day we will all have the compassion and the courage to turn on our porch lights and call the homeless back home.

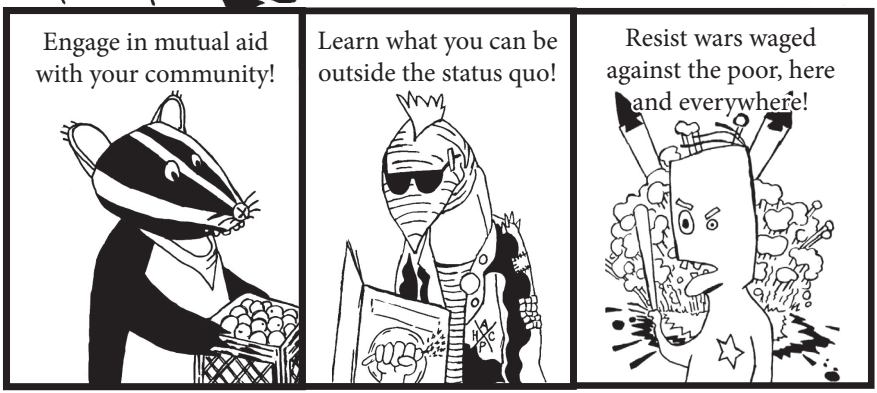


Newspaper cartoon about
Tampa FNB, 2003


3...
2...
1...
THE TAMPA COMMUNITY
Presents
THE TUESDAY MORNING PUB TAMPA FOOD SHARE
THAT ALMOST WASN'T!
WE ALL SHARED IDEAS ON WHAT TO DO...
I SPRINTED BETWEEN A RESTAURANT AND CLUB
... WITH CEREAL BOXES, BAGELS AND INSTANT COFFEE
SUBWAY
AND T
RAN I
SUBWA
WICH
... SO I SAID YES!! AND I SHARED WITH HER THE HAPPENSTANCE AND THE MISUNDERSTANDING AND SHE WANTED TO HELP. YOU WILL GIVE US HOT WATER I SAID. THANKS!!!
WE WERE A HAPPY PARADE OF FRIENDS, WALKING TO SUBWAY-
WELCOME

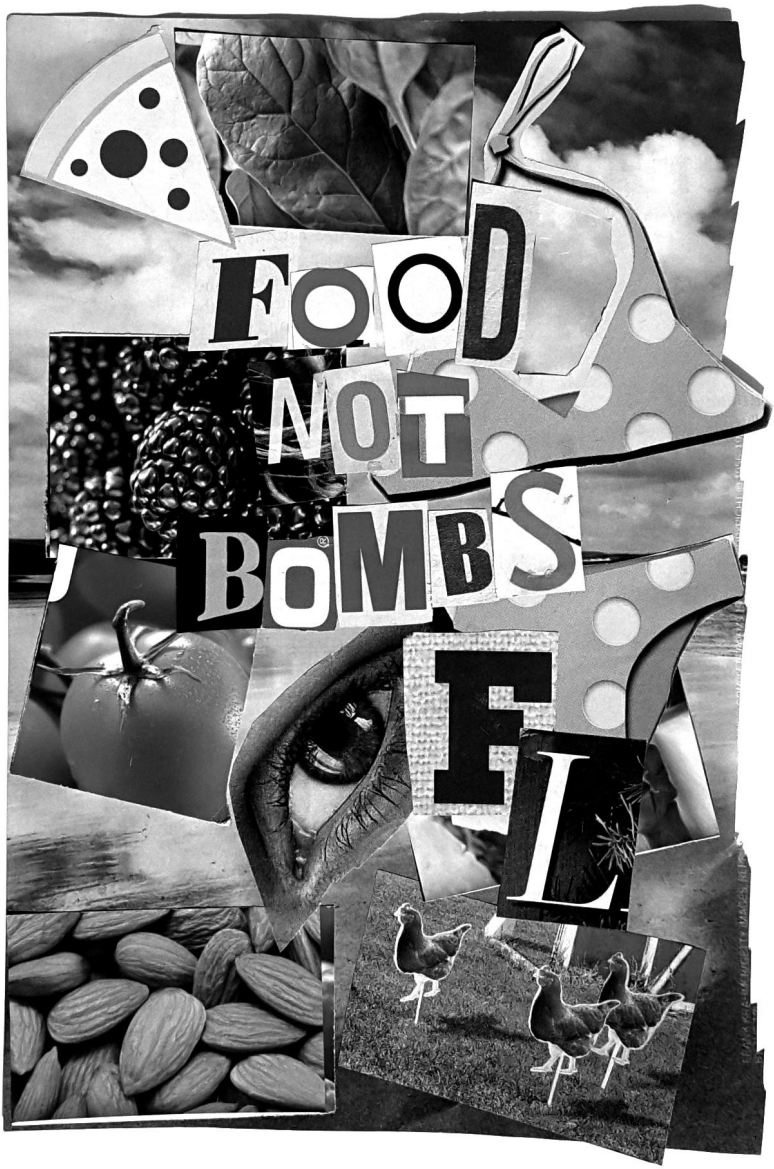
OPTIONAL ACCOMPANYING SCORE:
YOUTU.BE/dJ-Su4utvm8
BY HAPPENSTANCE, I FOUND MYSELF TO BE THE ONLY FNB VOLUNTEER AT A TUESDAY BREAKFAST SHARE - AND BY MISUNDERSTANDING, I HAD NOTHING BUT A TABLE... AND A LINE FULL OF HUNGRY FOLKS AND FRIENDS.
SHE SAID
WHAT CAN I GET YA?
AND I SAID
WE ALL NEED SOME ATTENTION FOR COFFEE
THEN SHE SAID
YOU ARE THE ONES GIVING FOOD IN THE PARK!
I RACED BACK TO THE PARK TO TELL EVERYONE!
YES, BUT BRING EVERYONE HERE TO EAT INSIDE!
...EVERY TABLE WAS FULL - AND THEN SOME. THE KIND WOMAN MADE COFFEE AND WE ALL SHARED BREAKFAST.
- IT WENT FROM AN EMPTY TABLE TO A REALLY GOOD DAY.
- UNTIL EVERY BELLY IS FULL -
TAMPA FNB

Did we mention cops? All the police money can buy. But still homeless suffer until the very day they die.



Organize with SFL's most dedicated radical groups to build the consciousness needed for society to change. We don't just share good food, we share ideas that inspire communities to take greater action against the crises of capitalism.

IF YOU EVER
WANT
SOMETHING
BEAUTY REPORTER
STOP HIDING
START FIGHTING
chubby in the nude
foundation stick
DIY Doll


FOOD
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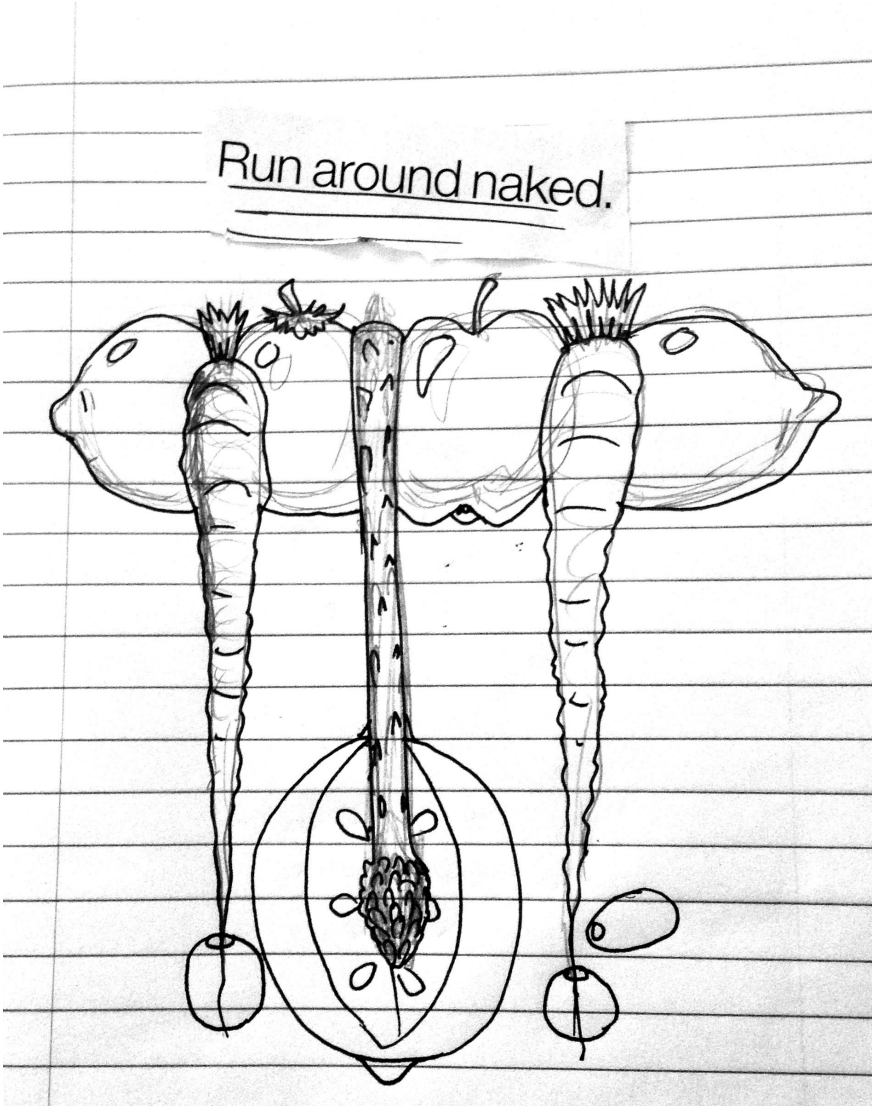
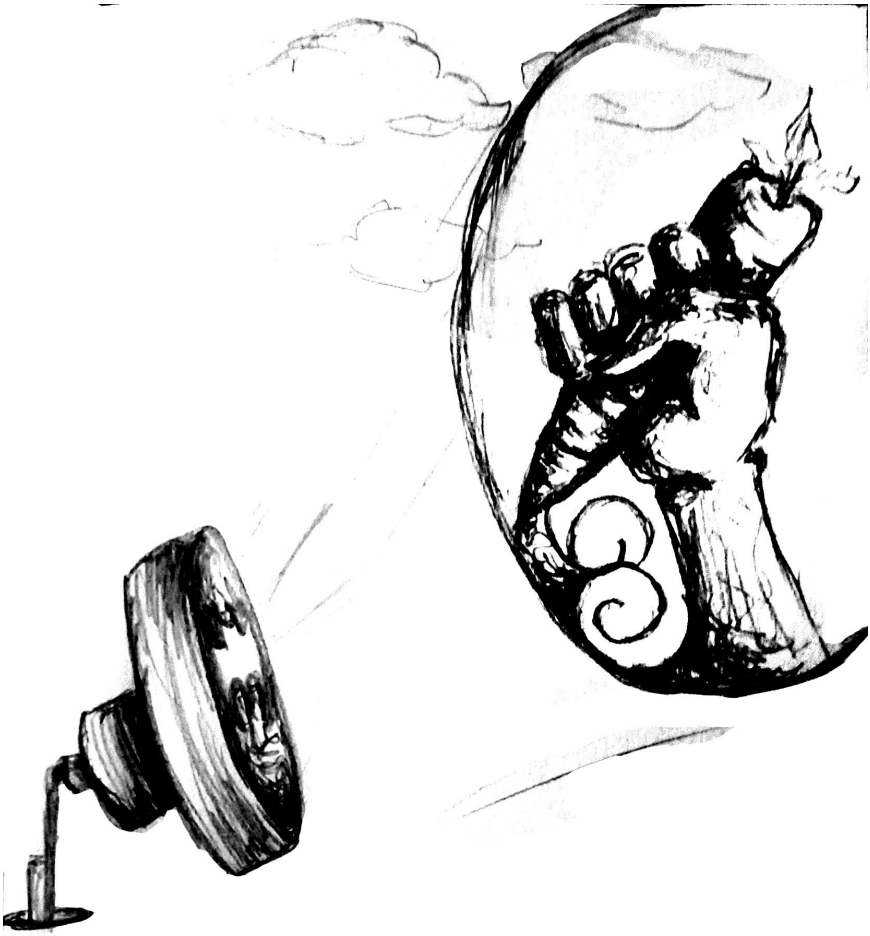
FL

PEOPLE OF FORT LAUDERDALE ITS NOT TOO LATE

you can stop this homeless hate.


Run around naked.



Super Soup

"The key to yummy soup is to taste every ingredient in each bite."

Cut up small

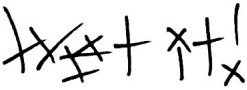
more uniform pieces will cook more evenly

The longer ingredients are cooked together, the more they can take on the flavors of the others!

So the sooner you get the spices in, the more flavorful your dish will be!

"When you sweat the veggies they release their delicious natural oils!"

Oil & Pre-heat pot on med-low. Add veggies & cover, cooking thoroughly so they release their internal moisture



Here you can also add uncooked lentils, cooked beans or un-cooked potatoes :)

Add water OR stock

Simmer until done. Enjoy!

MAKE STOCK

Making stock is a simple & easy way to take food to the next level - of taste & health!

Most unused or inedible veggie scraps or remnants are great for stock AS LONG AS THEY ARE NOT SPOILED

ENDS of celery, beets, onions, eggplant, tomatoes! corn cobs, broccoli & cauliflower stalks!

Place all in pot & cover w/ water

Bring to boil & simmer

Optimum time = 12-24 hours to fully extract nutrients, BUT - just do what works for you!

Pour & strain out solid pieces (I pour into a smaller pot w/strainer on top then boil down to concentrate)

This can be frozen into cubes & mixed w/water in the future to make broth, vamp up stew or used as a base for roasting veggies or to cook & flavor rice

Vegetarian Recipe Tortilla Soup

1 small red onion, julienned

1 small yellow onion, julienned

2 cloves garlic

6 ripe, firm tomatoes, diced

1 bunch cilantro leaves

2 sprigs fresh or 1/4 tsp dried mint

12 six inch raw corn tortillas

48 oz vegetable stock

1 T flour

1 T butter or olive oil

1/4 tsp chili powder

1/4 tsp chili pepper

1/4 tsp white pepper

1 tsp salt

1 tsp ground cumin

1 tsp oregano

1 small jalapeno pepper

1/2 cup cheddar or jack cheese (optional)

Chop six tortillas. Add oil or melted butter into a four quart pot. Add chopped up tortillas. Saute over medium high heat for one minute. Add flour, mix well. Cook two to three minutes. Add 2/3 of vegetable stock, simmer five minutes. Remove from heat. Blend smooth with a blender or processor. Return blended stock to pot and add remaining vegetable stock. Add remaining ingredients except tortillas. Bring to a slow boil; cook four minutes. Meantime cut remaining tortillas into one inch strips and pan fry in peanut oil until crisp; drain on paper towels. Ladle soup into bowls and top with two or three crisp tortilla per bowl and optionally sprinkle on cheese.

BOUNTIFUL BABAGANOUSH

got more eggplant donations than you know what to do with? babaganoush is a great way to condense piles of those purple guys into a tasty dish that's a big change-up from serving huge slices of eggplant.

all you need is eggplant, tahini, extra veggies or spices for seasoning, an oven, and a food processor.

slice up egglant half lengthwise or poke holes in them with a fork and add some salt, allow to sit for 10-15 minutes on a towel or in a collander. brush/rinse off the excess salt, soak up excess dampness. put in the oven for 20-30 minutes unti they're cooked golden brown on the outside/super soft inside.

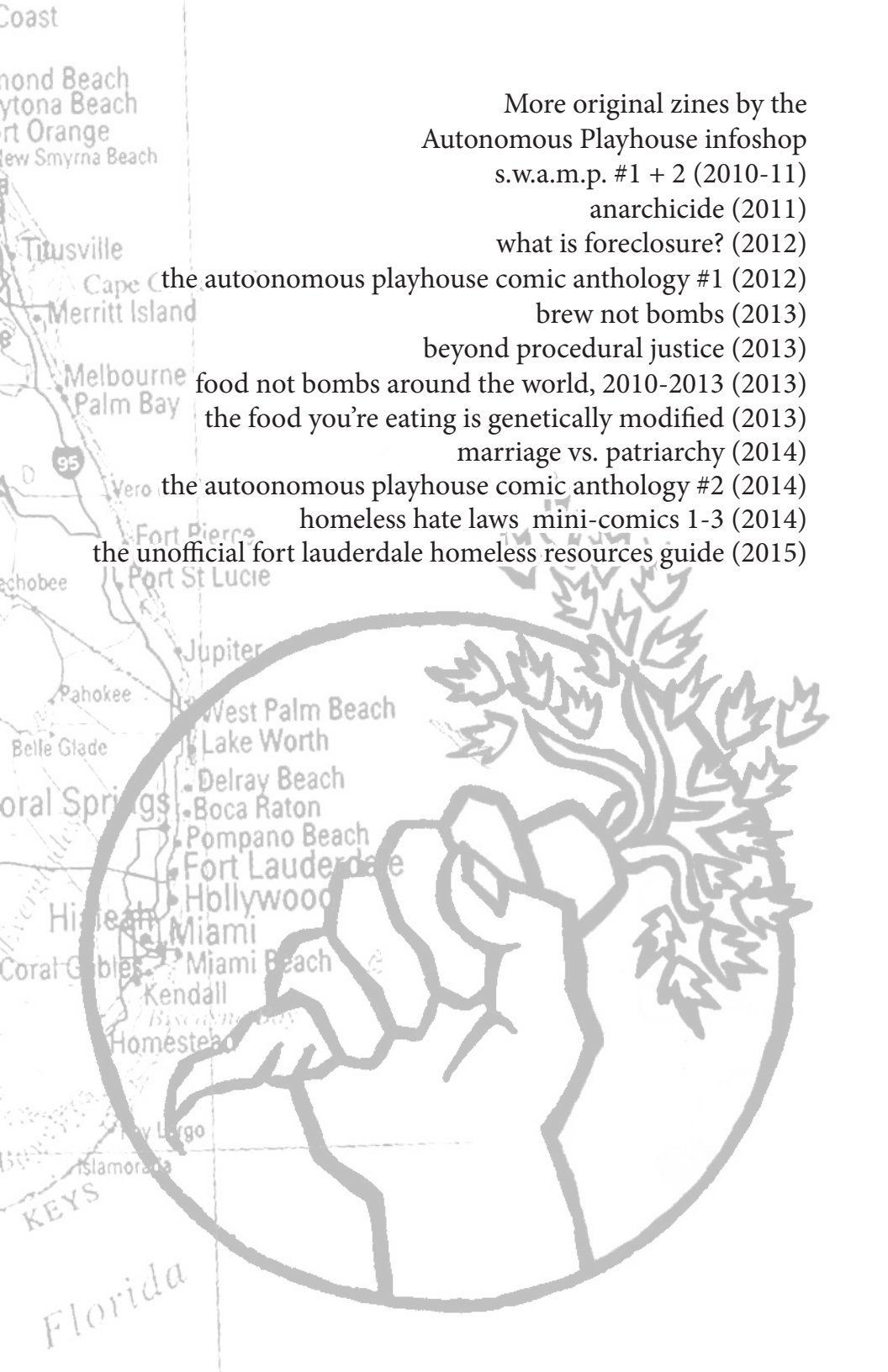
let them cool for a bit and then peel all the skin off. mix the eggplant into the food processor with any extra veggies (onions, peppers, etc) and spices you want. add tahini until its smooth and blend.
you can go through 5-10 large eggplants in no time and it goes great with all kinds of other veggie dishes!

Fort Lauderdale FNB Anti Police Brutality Protest April 2016
by Pavila Photography

That's all for now!

Links for further reading:
Resist Fort Lauderdale Homeless Hate Laws
homelesshatelaws.blogspot.com
Food Not Bombs main site
foodnotbombs.net
Black Lives Matter Alliance Broward
blacklivesmatteralliancebroward.org

Criminalization of Homelessness Resources
National Law Center on Homelessness and Poverty
nlchp.org
National Coalition for the Homeless
nationalhomeless.org

And don't forget the one and only Food Not Bombs South Florida Facebook group, look us up to find out what we're all up to!

More original zines by the
Autonomous Playhouse infoshop
s.w.a.m.p. #1 + 2 (2010-11)
anarchicide (2011)
what is foreclosure? (2012)
the autoonomous playhouse comic anthology #1 (2012)
brew not bombs (2013)
beyond procedural justice (2013)
food not bombs around the world, 2010-2013 (2013)
the food you're eating is genetically modified (2013)
marriage vs. patriarchy (2014)
the autoonomous playhouse comic anthology #2 (2014)
homeless hate laws mini-comics 1-3 (2014)
the unofficial fort lauderdale homeless resources guide (2015)